

Hyde County Family and Consumer Sciences

NC STATE UNIVERSITY

Fall 2013

Need a fun recipe for a party this Fall??



Recipe and Picture from Pinterest

We have a busy fall planned! Check out our events inside!



Hyde County Family and Consumer Sciences



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Morning Milers

Tuesdays and Thursdays starting September 24th

7-8 am Meet in front of the Hyde Government Building

Want to walk in the morning and learn more about your health? This is for you. We will walk different routes in Swan Quarter. The first few minutes each day we will discuss healthy eating, portion size, different exercises and learn ways to track your eating and exercise progress with apps on your smart phone and online!

You must Pre-Register by September 20th, it's FREE!

Canning Classes

September 23rd - Apple Butter

November 18th - Cranberry Apple Preserves

Cost \$10 includes Ball Blue Canning Book

You must Pre - Register the week before the class!

Existing ECA Club

Meets every 4th Thursday of the month at 1pm at the Senior Center. Get involved! Our next meeting is Thursday, September 26th

We will be celebrating 100 years of ECA at this meeting!

Join us to celebrate past home demonstration clubs from 1-4pm at the Senior Center!!

We will be serving refreshments.

To Register for theses events
or for more information,
please call Stacey Midgett
252.926.4487 or email
stacey_midgett@ncsu.edu

New ECA

September 26th @ 6pm at the Senior Center

Want a girls night out once a month? Looking to better the county by volunteering your time? This is your group! Pick the officers, pick the meeting time and location and name your club! Take turns and let someone in the group teach everyone else a new recipe or share their "talent" at the monthly meeting.

Call to sign up by September 25th

Medicare Part D Enrollment Period: Oct 15th-Dec 7th 2013

OCRACOKE

Enrollment will be @ the Ocracoke Community Center

Friday, October 25th and Friday, November 22nd from 10am to 3pm

Mainland

Enrollment is every Thursday during the enrollment period by appointment in our office

We will also be at the Senior Center

Wednesdays, October 30th and December 4th from 10a-2pm



Aging with Gusto

Thursday, October 3rd from 9:30am-2pm

Currituck Cooperative Extension Center

Cost \$10

We can arrange group transportation. Registration is due September 13th.

Call for Registration forms in our office.

Aging with Gusto is a program that will help you be the best you can be. You will learn about health trends that can help you live your life to the fullest, financial information that will enable you to make educated choices and other topics that will keep you up to date on what is happening in the world around you.

ECA Centennial and State Meeting

October 27th-30th in Raleigh

Centennial Celebration is on the 27th at the

NC State McKimmon Center

State Meeting is the 28th-30th

Raleigh Marriott Crabtree Valley

Call for more info and Registration

